

HEALT MAX PHARMACY

Cordially invites you to

BIO-IDENTICAL HORMONE REPLACEMENT THERAPY REGIONAL SYMPOSIUM

This one-day event will take place in
CROWNE PLAZA JFK AIRPORT, NEW YORK
ON APRIL 30, 2005

Grab a pen, mark your calendar and get ready to acquire:

FREE CME CREDITS
LATEST NEWS ON HRT/BHRT
PRACTICAL APPLICATION KNOWLEDGE ON BHRT

Presentations conducted by:

DR. PAMELA SMITH, M.D., MPH
Nationally and internationally acknowledged expert on BHRT and Anti-Aging Medicine

DIANE M BOOMSMA, PHARM D
Nationally and internationally recognized expert on compounding with special interest in BHRT

CME credits sponsored by PCCA/Professional Compounding Centers of America, of which we are a member.
On the next pages you will find information about the speakers, the event's agenda and the registration form.

Registration is FREE before March 11, 2005.

There is a \$125.00 registration fee after March 11, 2005.

For more information and RSVP please contact Nurten Rasid, M.D.,
Pharmacy Consultant @ 718-567-8000 or 917-578-5541.

P.S. Please take a minute and fill out the registration form.

Heart Disease and Stroke: Unopposed estrogen (i.e., without progesterone balance) makes the blood stickier and increases the risk of stroke by 300% according to a meta-analysis conducted by Emory University Medical School. Synthetic progestins can increase the risk of coronary artery spasm, whereas real progesterone protects against it. Stress-induced cortisol increases the risk of endothelial damage. This is blocked by progesterone but not by synthetic progestins such as Provera.

Breast Cancer: The Harvard Nurses study recently revealed that estrogen, specifically estrone and estradiol, are linked to breast cancer in many women. The study showed that each year on synthetic HRT increases a woman's risk of breast cancer by an additional 8%. Essentially, any physician who prescribes unopposed estrogen therapy, or doses of estrogen that surpass a woman's deficiency, can easily be creating a recipe for breast cancer.

Osteoporosis: Several new animal studies clearly confirm that estrogen (even at very low levels) can reduce bone resorption (inhibit bone mineral loss), but only progesterone or testosterone can stimulate new bone formation.

Hypothyroidism: Excess estrogen inhibits thyroid hormone activity, and, thus, exacerbates thyroid deficiency. The most recent research indicates that a normal metabolite of endogenous estrogen, 2-methoxyestradiol, induces thyroid cell apoptosis and disruption of thyroid follicles. This process leads to release of thyroid antigens and probably contributes to the high incidence of autoimmune thyroid disease (Hashimoto's thyroiditis) in women. In contrast, progesterone and testosterone are thyroid allies, and appropriate supplementation with progesterone will often clear up minor thyroid symptoms. Women with hypothyroidism often contribute to the problem by taking too much synthetic estrogen (the standard 0.625 dose causes an overbalance of estrogen for many women) in relation to their progesterone level.

Natural hormone formulations like progesterone or triple estrogen are normally available in the US only from compounding pharmacies like Health Max Pharmacy with a physician's prescription.

Health Max Pharmacy is committed to providing:

- High-quality Compound formulations officially tested
- Natural Hormone formulations
- Specific and specialized formulations to meet patients' needs
- Professionalism and dedicated service Staff
- Follow-up with patients to assure that our services have met all expectations and that they are satisfied customers
- Great Pricing with Free Shipping and Handling with prescriptions
- Current clinical research studies supporting BHRT compared to HRT

PLEASE FEEL FREE TO CONTACT US FOR ANY QUESTIONS YOU MAY HAVE:

Phone: 718-567-8000 Fax: 718-765-9056 ■ Email: healthmax5th@yahoo.com

Mailing Address: 5313 5th Avenue, Brooklyn, NY 11220

P.S. Attached you'll find the invitation for the BHRT Symposium

Compounding Pharmacy

"True health is not merely the absence of diseases, but rather the presence of optimal health and well-being."

This is our motto and we know it's yours too. That is why as your **Compounding Pharmacy** we want to help you find the proper solutions for your patients.

Every day more and more physicians are phasing out Premarin®, Provera® and PremPro® and replacing these with BHRT (Bio-identical Hormone Replacement Therapy). Moreover, more and more women are reading the medical journals and are outraged that they were allowed to take synthetic hormones. In fact, there has been an increasing surge of malpractice suits against physicians who prescribe artificial HRT, especially after the negative outcomes of "Women's Health Initiative" study.

Natural hormone therapy is biochemically identical to the hormones manufactured by a woman's body. Correcting hormone deficiency with BHRT relieves many symptoms of menopause without the risk of side effects.

NOTE: Many medical publications mistakenly call Provera® "progesterone." Yes, Provera® is a progestin, but it is NOT a progesterone, and it is NOT biochemically equal to the body's progesterone, **any more than orange Kool-Aid® shares the same chemistry as freshly squeezed orange juice**.

COMPARE THE MOLECULAR STRUCTURE

Natural hormone replacement restores women's pre-menopausal levels of progesterone and estrogen. After a month or two on natural hormone replacement, many women report feeling as if menopause never happened.

Because of their chemical differences, progestins create different effects than that of progesterone, and many of them are undesirable. As a result, your patients return with a myriad of new symptoms. Worse, these foreign compounds actually contribute to the onset of breast cancer, gallbladder disease and stroke, not to mention depression, weight gain, bloating and irritability.

THE MANY BENEFITS OF BIO-IDENTICAL HORMONE REPLACEMENT THERAPY (BHRT)

Physicians across the country are abandoning PremPro® for the various forms of natural hormone replacement. The tide is turning and within just a few years bio-identical hormone replacement therapy will become the universally accepted standard of care. This is because BHRT is clearly superior in so many ways...

Here are some of the differences:

- Relieving symptoms of Menopause without side effects
- Restoring Hormone Balance in the body
- Increased Patient compliance-Happier patients, stay with the program
- Ideal for women who reject HRT because of contraindications
- No concerns about contributing to Breast Cancer unlike HRT
- Clinical Data supporting Breast Cancer Prevention and increased Bone Density
- Reversal of Fibrocystic, lumpy and painful breasts
- Less likely to suffer from Obesity, Hypothyroidism and Depression
- Restores Libido without resorting to Testosterone Therapy

Event's Agenda

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7:45	Continental Breakfast
8:30	The Basics of BHRT - Dr. Pamela Smith, MD, MPH
10:00	Break
10:20	Dosage Form Considerations and Dosage Guidelines - Diane M. Boomsma, Pharm D
11:50	Lunch Break
1:00	Clinical Considerations in Application of BHRT - Dr. Pamela Smith, MD, MPH
2:30	Break
2:50	Useful Tools in Practical Application of BHRT - Diane M. Boomsma, Pharm D
3:20	Wrap-up and Closing comments
3:30	Adjourn

Presenters' Information

PRESENTERS' INFORMATION

Dr. Pamela W. Smith, MD, MPH graduated medical school in Tennessee and completed her residency in internal medicine at Wayne State Affiliated Hospitals in Detroit, Michigan

- She spent her first 22 years of practice as an emergency room physician at the Detroit Medical Center.
- In addition to her medical degree she also has a Master's degree in Public Health
- Dr. Smith is board certified in Anti-Aging Medicine and is an Assistant Clinical Professor at Wayne State University School of Medicine.
- She is also the Director of the Anti-Aging and Functional Medicine Fellowship at Wayne State University School of Medicine
- She is a member of the American Academy of Anti-Aging Physicians and is a board examiner
- Dr. Smith is an internationally acknowledged speaker on the subject of wellness and anti-aging
- Dr. Smith is also a well-known speaker at the national PCCA events on the subject of BHRT.
- She currently is the owner and director of The Center for Healthy Living and Longevity with locations in Ann Harbor, Center Line, Rochester, and Traverse City, Michigan.
- She is also the author of "HRT: The Answers. A Concise Guide for Ending the Hormone Replacement Puzzle" and "Vitamins. Hype or Hope?"

Diane M Boomsma, Pharm D, a graduate of Duquesne University in Pittsburgh who is currently pursuing her Doctorate of Pharmacy at Shenandoah University in Winchester, VA

- Her career started in a hospital pharmacy followed by positions at the chain retail settings. For the last 15 years she worked at an independent community pharmacy in charge of the compounding division.
- A certified menopause educator, Diane also holds positions on the Editorial Board of the International Academy of Compounding and Board of Directors for the International Academy of Compounding Pharmacists
- She lectures frequently to various groups of healthcare professionals and the public on compounding issues including her special interest in compounding in women's health